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What is claimed is:

1. A method of preventing the reoccurrence of chest pain associated with the heart, which method comprises:
 - 5 (a) noticing a pain in the chest; and then shortly thereafter
 - (b) taking lime juice into the body to alleviate the chest pain.
2. The method of claim 1, wherein the chest pain is angina pectoris.
- 10 3. The method of claim 1, wherein the lime juice enters the body by consuming it orally.
- 15 4. The method of claim 2, wherein the lime juice is consumed in concentrated form by taking at least one half teaspoon of frozen concentrated lime juice or limeade.
5. The method of claim 1, further comprising:
20 preventing the reoccurrence of chest pain by taking lime juice into the body daily.
- 25 6. The method of claim 5, wherein at least one cup of lime juice is consumed orally daily.
7. The method of claim 6, wherein 2 to 5 cups are consumed daily.
8. The method of claim 6, wherein 2 to 3 cups are consumed daily.
- 25 9. A method of treating angina pectoris, which method comprises:
 - 30 (a) noticing the onset of an angina attack; and then shortly thereafter
 - (b) taking an effective amount of lime juice into the body.

10. The method of claim 9, wherein the lime juice is taken orally.

11. The method of claim 10, wherein the lime juice is essentially pure lime juice.

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12. The method of claim 10, wherein the lime juice is frozen concentrate for limeade.

13. The method of claim 10, wherein the lime juice is limeade.

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